

# Checkup

JULY  
2013



## Keeping You Safe

See how they train, page 6

A PASSION FOR BETTER MEDICINE

 **Lehigh Valley  
Health Network**



**Terry Capuano, RN**  
Chief operating officer

# Change It Up

Take one new idea and make it happen

**I frequently travel throughout our health network, visiting with colleagues as they go about their daily activities.** I look forward to these rounding sessions.

They're a chance to learn from the experts, listen to your ideas and watch you make our mission possible. Best of all, I get to meet people like Donna Henry.

A mammography technologist, Donna works in Breast Health Services at the Health Center at Bethlehem Township, where I recently toured. "I'm so lucky to work here," Donna said when our group arrived. She told us she always will remember getting her ID badge at orientation because the 2012 Summer Olympics were going on. "It felt like I won a gold medal," she said. Her enthusiasm was so heartfelt, it brought tears to our eyes. But that's not what struck me most.

As we made our way through the mammography suite, I couldn't help but notice all the decorations and other small, personal touches. I learned that Donna purchases these items herself, rotating them for the various seasons and holidays. She wants her patients to feel comfortable during an anxious time, so she took a clinical environment and made it warm and welcoming. No one told her to do it. She simply chose to make a difference.

My hope is that we all approach our work with that same intense feeling of pride and engagement. I love working at LVHN and wouldn't want to be anywhere else. I hope you agree. If you're not quite there, I encourage you to think of one change – even something small – that would help you feel more connected to your work and the people around you.

Then follow Donna's lead and make it happen. Like a breath of fresh air, you'll be amazed at the surge of energy this change brings. Regardless of your role, your energy and engagement ultimately help patients. And that, above all, is why we choose to work in health care.

*Regardless of your role, your energy and engagement ultimately help patients. And that, above all, is why we choose to work in health care.*

### ON THE COVER

**Security colleague  
Brad Mann**

and Bethlehem Police Department  
Officer Robby Hoppes partner to  
keep you safe.

# ICD-10 Is Coming

Nearly everyone will be affected by this mandatory change

**On Oct. 1, 2014, life will change for colleagues who use the International Classification of Diseases (ICD), an alphanumeric system used worldwide to categorize diseases.** That's when the U.S. Department of Health and Human Services is requiring all organizations covered by the Health Insurance Portability and Accountability Act (HIPAA) to move to the 10th version of the system, or ICD-10. This transition will involve considerable change.

Colleagues from our ICD-10 steering committee answer questions about ICD-10.

## WHAT IS ICD-10?

Every diagnosis, symptom, procedure or surgery experienced by patients in a health care setting has an ICD code. ICD-9 is more than 30 years old and includes about 18,000 different codes. ICD-10 is more detailed and will utilize more than 156,000 codes.

## WHY IS THE SWITCH TO ICD-10 NECESSARY?

ICD-9 hasn't been able to keep up with advances in medicine, and there isn't enough room to add new codes. The move to ICD-10 will increase the level of specificity available for research, public health and other purposes. The switch is mandatory. Any claim with a service date of Oct. 1, 2014, or later must have the proper ICD-10 codes or it will be rejected or denied.

## WHO IS IMPACTED BY THE CHANGE?

Just about every area of our health network will be affected. More colleagues use ICD than you might think.

- ▶ More than 60 computer systems supported by colleagues in information services (I/S) and used every day must be upgraded to accept ICD-10.
- ▶ Every claim sent to insurers must contain ICD-10 codes. If it doesn't, it will be rejected and not paid.
- ▶ All reports containing ICD codes will have to be rewritten with ICD-10 codes. This affects colleagues who focus on quality, research and other areas.
- ▶ Physicians will need to document with greater specificity within the medical record so the most accurate codes can be assigned.

## HOW ARE WE PREPARING?

Our steering committee, comprising colleagues from our hospitals and Lehigh Valley Physician Group, has been assessing areas within our health network that will be affected by ICD-10. Members of the committee soon will communicate with department heads to help them understand how changes will affect their departments.

## HOW CAN I PREPARE NOW?

Learn everything you can about ICD-10. Even though the change is many months away, we'll need that much time to prepare. Take advantage of educational resources on The Learning Curve (TLC). Click the TLC icon on your SSO toolbar and type "ICD-10" in the search field. Several informational websites also are helpful.

—Ted Williams

Inpatient coding specialist  
**Sherry Acevedo**  
is preparing for ICD-10.



Visit [LVHN.org/missioncentral](http://LVHN.org/missioncentral) for links to websites with detailed information about ICD-10.



## New Space, Enhanced Efficiency

Colleagues in central sterile processing at Lehigh Valley Hospital-Cedar Crest sterilize more than 18,000 items per day. That's a lot to handle in the midst of a renovation project. But now that it's complete, colleagues are able to work more efficiently and increase output. "During the 22-month renovation project, we increased space from 7,750 square feet to 9,800 square feet without impacting the needs of our operating rooms," says Dorothy Jones, RN, administrator of perioperative services. New sterilization equipment, information technology for instrument tracking and individual workstations improve flow and efficiency. "New equipment allows us to process 800 trays in 20 hours," Jones says. "That's double our previous output."

COLLEAGUES IN CENTRAL STERILE  
PROCESSING STERILIZE MORE THAN

# 18,000

ITEMS PER DAY.



OPEN ENROLLMENT 2014

## Take Your Health and Wellness Assessment

**If you want to enroll in Choice Plus health benefits in 2014 during open enrollment, you must complete your annual Health and Wellness Assessment by Aug. 30, 2013.**

The assessment is a confidential survey about your lifestyle habits and general health. After you take it, you'll receive a personal report that describes your current health status, future health risks and ways to improve or maintain your health. To take the assessment:

- ▶ Visit **WebSAI.com**
- ▶ Log in
- ▶ Click "Health & Wellness Assessment"

New hires and others who took the assessment during the 2013 calendar year do not need to take it again. To confirm you took the assessment in 2013, log in at **WebSAI.com** and click "Health & Wellness Assessment."





### COMING SOON: HEALTH CENTER AT BANGOR

**Construction on a new health center is expected to begin this summer at the former Majestic Athletic Factory Outlet in the Bangor Plaza, 1309 Blue Valley Drive, Pen Argyl.** The Health Center at Bangor will provide rehabilitation services, screening mammography, X-ray, ultrasound, bone density screening, cardiac diagnostics, infusion services, holter monitoring, urgent care, specialty physician services for oncology and cardiology, and Health Network Laboratories services. A town hall meeting was held recently for community members to engage in conversation with physicians and learn more about the services that are being brought into their community.

## IT'S PERFORMANCE EVALUATION TIME

**You and your department manager will be evaluating your fiscal year 2013 performance in the online Performance Management System of Lawson.** You'll discuss accomplishments of the past year and set goals for the next fiscal year. The results of your evaluation will determine your pay increase. Remember these dates:



**NOW THROUGH AUG. 16:**

Performance evaluations conducted



**SEPT. 29:**

Merit increase effective beginning this pay period



**OCT. 18:**

Compensation changes and SSP bonus (if we reach our overall patient satisfaction, managed cost, and health and wellness goals) appear in paycheck

## Attend a Colleague Forum

**For years, they were called Employee Forums.** Because you said that you prefer to be called "colleagues," they'll be called Colleague Forums beginning this year. Here's an early look at this year's schedule so you can make plans now to attend these one-hour forums. For your convenience and based on your feedback, this year's schedule includes a Saturday forum.

- ▶ Thursday, Oct. 3: 3 p.m.
- ▶ Thursday, Oct. 10: 7 a.m.
- ▶ Friday, Oct. 11: 2 a.m. and 3:30 a.m. *(not offered at Mack)*
- ▶ Monday, Oct. 14: 7:30 a.m. and noon
- ▶ Monday, Oct. 21: 5 p.m.
- ▶ Monday, Oct. 28: 8 a.m.
- ▶ Monday, Nov. 4: 5 p.m.
- ▶ Friday, Nov. 8: 2 p.m.
- ▶ Monday, Nov. 11: 7 a.m. and 3 p.m.
- ▶ Tuesday, Nov. 12: 4 p.m.
- ▶ Friday, Nov. 15: 3:30 p.m.
- ▶ Saturday, Nov. 16: 8 a.m. *(not offered at Mack)*
- ▶ Wednesday, Nov. 20: 1:30 p.m.
- ▶ Friday, Nov. 22: 2 a.m. and 3:30 a.m. *(not offered at Mack)*
- ▶ Monday, Dec. 9: 7 a.m. and 2 p.m.
- ▶ Friday, Dec. 13: 7 a.m.

**Just pick the most convenient time and go to any of these sites (unless noted above):**

- ▶ LVH—Cedar Crest auditorium
- ▶ LVH—Muhlenberg ECC
- ▶ LVH—17th Street auditorium
- ▶ LVHN—Mack Boulevard auditorium

## Attend a Crucial Conversations® Forum

crucial  
conversations®

**Two more forums have been scheduled.** You'll learn skills to solve problems, strengthen relationships and restore time, trust and teamwork. Forums are four hours and will be held:

- ▶ Monday, Oct. 7: 7:30–11:30 a.m., 1–5 p.m.

Forums will be held at all our hospitals and LVHN—Mack Boulevard. Registration will open soon. Visit [LVHN.org/missioncentral](http://LVHN.org/missioncentral) for information.





## Security colleagues and local police officers train in our Simulation Center

### It's like a scene straight out of a movie.

An agitated and armed man takes over a section of the emergency room. Security colleagues respond, assess the situation, clear people from the area and create a safety perimeter. Once law enforcement arrives, officers confer with security to understand what's happening. Who is this man? What sparked his rage? How do they know he is armed?

This crisis hasn't happened here, but it's a scenario that colleagues in our department of public safety and local police officers are prepared to address. They practice how to handle such scenarios in our Interdisciplinary Simulation and Learning Center. It's a space that looks like the inside of our hospitals where colleagues, medical students and residents learn how to handle specific medical situations by participating in simulations.

When it comes to police and security training, the center brings to life what previously had been a discussion of a violent situation that could happen inside a hospital. "Simulation provides a chance to practice a high-risk situation that occurs infrequently within a safe environment and helps people develop skills to respond to it," says center coordinator Jenny Landis.

The Salisbury Township Police Department first partnered with us to utilize the center for training. For members of law enforcement, the experience has been invaluable. "The hospital is like a city unto itself," says Salisbury Township Police Department Sgt. Kevin Soberick. "Training in a place that looks like facilities in the hospital helps officers hone their skills." Part of the realism includes orienting officers to potential hazards in patient rooms, such as the location of oxygen ports and sharps containers, how a patient lift works and more.

In addition to the realistic setting, the division of education also provides people who act the roles of patients and bystanders.

Role players interact with officers as anyone in the midst of a stressful situation might, with tears, yelling, cooperation or resistance – details that add greater realism to the experience.

Training consists of specific scenarios inspired by situations that have occurred here or at another medical facility. Participating officers aren't told anything about the scenario until they arrive and are updated by security. The team then evaluates its options and decides on a strategy. Defusing the situation with negotiation or conversation is always the best option, but if the crisis is unraveling, other options, including lethal force, may come into play.

It's a fluid situation that can't be predicted, but with thoughtful and realistic training, response options can be practiced and ingrained. "Having a better knowledge of the potential risks and dangers that may be present helps security colleagues and police work in a unified way to resolve events

with the least amount of force," says Bryan Bednar, director of our security services.

Once the scenario is played through, training doesn't stop. A debriefing session provides officers and security colleagues time to review video of the simulation and discuss the outcome. "It provides an immediate, critical debriefing of what was done right, opportunities for improvement and observations from colleagues who were present," Bednar says. Debriefing also clarifies roles and serves to improve future outcomes. "This is the place to make mistakes and learn from them, not in the real world," Soberick says.

Now that Salisbury Township and Bethlehem police departments have completed multiple simulations, the collaboration is bearing fruit with improved communication and cooperation, and a desire to improve. "Our intent is to continue this training and provide ongoing scenarios for security and law enforcement response," Bednar says. "It's building coalitions between health care and community emergency responders. Ultimately, it reduces the risk to patients, visitors and colleagues should an emergency occur."

—Jenn Fisher



In our Simulation Center, members of the Bethlehem Police Department train to apprehend an active shooter.



# engaged

## Our Survey Results Are In

You're engaged in our health network  
but want to be more energized by your work

### You've been hearing a lot about being an engaged colleague. It's important.

Engaged colleagues are energized by their work, find a strong sense of accomplishment in what they do and feel that being part of our health network is rewarding. When you're engaged, you're at your best and able to help patients and colleagues be at their best.

Our recent employee survey measured your level of engagement with our health network and your job. Sixty-five percent of colleagues took the survey. It's the highest response rate we've ever had. "That in itself is a sign of engagement," says Ron Swinfard, MD, president and chief executive officer. "More than 7,200 colleagues care enough about our health network to take the time to complete a survey. It shows colleagues want to provide open and honest feedback to help make our health network even better."

### WHAT DID YOU SAY?

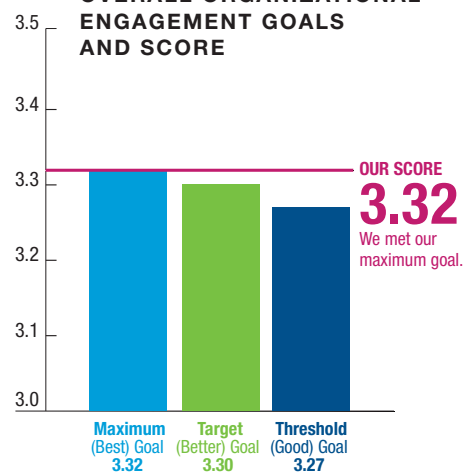
On the survey – which was conducted by HealthStream, an independent consulting firm – you were asked to share your level of agreement with many statements on a scale of one (strongly disagree) to four (strongly agree). Because your engagement is important, we set a goal to score higher than 50 percent of 365 health care organizations in HealthStream's database on the statements that measure organizational and job engagement.

On four statements related to organizational engagement, you said you are engaged in our health network. We met our maximum goal and scored as high as 58 percent of health care organizations. Here are the average scores for each statement, and our overall goals and score.

### ORGANIZATIONAL ENGAGEMENT

STATEMENT	AVG. SCORE
You feel that being a colleague of this organization is very rewarding.	3.22
You are proud to be a part of this organization.	3.40
You are highly motivated to contribute to the success of this organization.	3.40
You are highly engaged in this organization.	3.24

### OVERALL ORGANIZATIONAL ENGAGEMENT GOALS AND SCORE



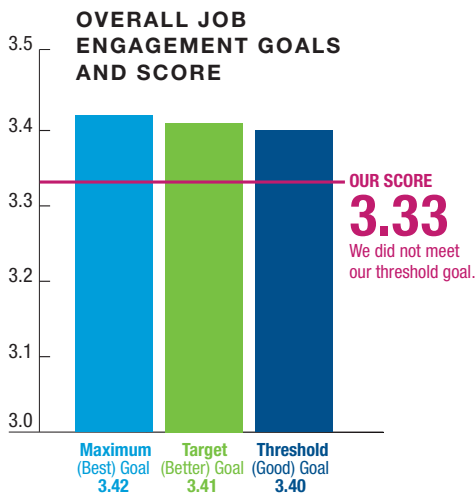


# ment

**Results from the four statements related to job engagement** show that you aren't as engaged in your job as you are in our health network. As a result, we did not meet our goal.

## JOB ENGAGEMENT

STATEMENT	AVG. SCORE
You are energized by your work.	3.15
Your work is an important part of your life.	3.41
You find a strong sense of accomplishment in your work.	3.34
You are highly engaged in your work.	3.42



## WHAT DO THE RESULTS MEAN?

Survey results tell us you are passionate about our health network, and can be more energized and happy at work. The good news is that we can use the survey results to improve. On a network and department level, we'll closely look at results from each statement and determine specific ways we can make our work experience even better.

## WHAT'S NEXT?

This article shows our health network's overall results only on the eight statements related to engagement. You responded to many more statements on the survey. Your supervisor will share your department's results on each statement with you. Then you can engage colleagues in your department to celebrate and sustain what makes your department a great place to work and make it even better. Even if you didn't have a chance to take the survey, you can be part of a team in your department that will develop an improvement plan to address areas of opportunity. Workshops are available to help department leaders develop a plan (see box).

Once your department has an improvement plan, you and your colleagues will work as a team and take the time needed to put it into practice. "It's up to each of us to do the things we commit to doing in department improvement plans. This will help strengthen trust," Swinford says. And when we continue to practice PRIDE, AIDET, reframing and the four ways we want to be (present, positive, engaged and accountable), we'll be rewarded at work and at our best for colleagues, our patients and community.

—Rick Martuscelli

## SURVEY WORKSHOPS

**ALL WORKSHOPS ARE ONE HOUR. REGISTRATION IS NOT REQUIRED.**

### Monday, July 1

- ▶ LVH–Muhlenberg ECC rooms B, C and D, 11 a.m.

### Tuesday, July 2

- ▶ LVH–17th Street auditorium, 11 a.m.
- ▶ LVH–Cedar Crest auditorium, 2 p.m.

### Monday, July 8

- ▶ LVHN–Mack Boulevard auditorium, 9 a.m.
- ▶ LVH–Cedar Crest auditorium, 1 p.m.

### Tuesday, July 9

- ▶ LVH–Cedar Crest auditorium, 9 a.m.
- ▶ LVH–17th Street auditorium, 11 a.m.
- ▶ LVH–Muhlenberg ECC rooms C and D, 1 p.m.

### Thursday, July 11

- ▶ LVH–Cedar Crest auditorium, 9 a.m.

### Friday, July 12

- ▶ LVHN–Mack Boulevard auditorium, 9 a.m.
- ▶ LVH–Muhlenberg ECC room B, 1 p.m.

## REASONS TO CELEBRATE

**You responded favorably when you were asked your level of agreement with these two statements:**

- ▶ Your satisfaction with LVHN as a place to work
- ▶ Overall value of the benefits you receive compared with those of employees of other health care providers

# Helping Children Breathe Easier

Jamie Santana and Maria Villacreses  
counter asthma triggers in the community

**The Lehigh Valley's reputation as an asthma hotspot isn't just local bias.** Allentown ranks as the 10th most challenging metropolitan area to live with the breathing condition, according to a report by our department of community health and health studies.

That's why colleagues from our pediatric asthma program reach out to children with asthma ages 5 to 11 – mainly in the center-city area surrounding the Children's Clinic at Lehigh Valley Hospital–17th Street. The program's goal: Provide education about asthma triggers and management to families and (if families desire) conduct in-home assessments to identify and remediate potential triggers. Among them are dust, old paint and particles related to pests such as cockroaches that can be common in older rental properties.

Spearheading the program are asthma navigator Maria Villacreses and community health worker Jamie Santana, who collaborate to provide information

and advice at different stages of the program. "Once I'm notified of an asthma diagnosis, I reach out to the family to make them aware of the program," says Villacreses, who often acts as a medical interpreter to Spanish-speaking patients and caregivers. She educates families about what asthma is, how triggers worsen the condition, how to use medication and equipment, and how to follow a treatment plan. "Once I meet with the family, we decide whether they'd like to receive services at home or at the clinic," Villacreses says.

If they choose in-home services, Santana pays a visit to the family's residence. "I look at carpets and rugs for dust issues, identify any stains or mold that may indicate a water leak, find holes around walls where pests could come in, and check out everything from pet dander to upholstered furniture and plants," Santana says. Recommendations might include advice on dusting and vacuuming, avoiding potentially irritating fragrances, keeping



## Alaina Caro

is using her inhaler less,  
to the delight of  
her mother, Sasha.

pets outside a child's bedroom, or repairing or eliminating mold-generating problems.

Santana writes up her findings and gives a copy to the family. "They often post it on their refrigerator," Santana says. Evidence that "someone from the hospital came and said we need to fix this" can help families get action from landlords. "I'm not there just for asthma," she adds. "I also steer families toward resources about issues such as tenant rights and domestic violence." In the community,





## Jamie Santana and Maria Villacreses

are a breath of fresh air to  
asthma sufferers.

she's known as a *promotora* – a word signifying a promoter of health similar to a doctor or nurse. “It’s a relationship of trust,” Santana says.

Since the program began two years ago, Villacreses says patients generally pay fewer visits to the ER because asthma is better controlled. “Having someone to contact directly with questions can make a difference,” Villacreses says.

Here is an example of how the program helps families breathe easier.

### HOMING IN ON ASTHMA

Sasha Caro of Allentown felt she could get her then 11-year-old daughter Aliana’s asthma under better control but wasn’t sure how to do it. A home visit from Santana provided answers.

“Jamie did an inspection, found triggers for asthma and made a plan for reducing Aliana’s symptoms,” Caro says. As a result of Santana’s visit, Caro’s landlord repainted cracked areas with higher-quality paint, treated the bathtub to prevent mold from

returning and installed new windows in Aliana’s room to alleviate symptoms triggered by outside air.

Caro learned ways to better control dust through measures such as cleaning differently and encasing pillows and mattresses with plastic. “The program made a big difference,” Caro says. “Aliana is coughing and sneezing a lot less, and uses her inhaler less at night.”

—Rich Laliberte



## SERVING THE AGED AND BLIND

**Complications from diabetes took the eyesight of Francis Salerno, MD, when he was 29 years old, a first-year resident, newly married and an expectant father.** Over the past 23 years, Salerno has blazed a path in our community for care of the elderly population as our first chief of geriatrics. For his achievements, Salerno was honored with the Chrysalis Award from the Center for Vision Loss. Salerno says the practice of medicine, especially the patients and colleagues he encounters, helps him face the challenges of blindness and enhances his life. "I've learned that it's not what happens to you that matters, but what you do with it," he says.



## Beloved Volunteer

**Recent Liberty High School graduate Korrinne Yurick amassed more than 100 hours of volunteer service at our health network the past three years, assisting colleagues in several clinical areas.**

Although her school service obligations are complete, she's back for another stint in the Lehigh Valley Hospital-Muhlenberg pediatric rehabilitation department this summer. "Our kids and parents love her," says site coordinator LeeAnn Bower. For those reasons, along with her stellar academic performance, Yurick received the 2013 Student Volunteer Scholarship sponsored by the Lehigh Valley Hospital-Muhlenberg Auxiliary. The Bethlehem resident (pictured at the April Volunteer Recognition luncheon with parents Melinda and Jeffrey) will receive \$2,000 for college expenses.

# 100+

HOURS OF VOLUNTEER SERVICE AT OUR  
HEALTH NETWORK IN THE PAST THREE YEARS



## Team Approach to Prostate Cancer Care

**Colleagues in our Prostate Cancer Multidisciplinary Clinic work together to help men facing a prostate cancer diagnosis.** Newly diagnosed patients meet with a team of caregivers, including physicians from Lehigh Valley Urology Specialty Care and LVHN radiation oncology, as well as a nurse navigator. Patients receive recommendations for the best course of care and a written medical opinion developed by the specialists. Other members of the cancer support team, including bilingual navigators, financial coordinators and a psychologist, are available to discuss patients' concerns and answer questions. The clinic is available to patients 1-3 p.m. on the first and third Mondays of the month at the John and Dorothy Morgan Cancer Center, Lehigh Valley Hospital-Cedar Crest, suite 110. To make an appointment, call **610-402-0588**.

## WELCOME SELECT STUDENTS



**The first class of SELECT (Scholarly Excellence. Leadership Experiences. Collaborative Training.) arrived at Lehigh Valley Health Network (LVHN) on May 6.** The 18 students had orientation and received their lab coats from our president and chief executive officer Ron Swinfard, MD. The lab coats are unique in that they have three logos on them – SELECT, LVHN and University of South Florida Morsani College of Medicine, our medical school program partner. Students study for two years in Tampa, Fla., then spend years three and four of medical school learning clinically here with classroom study, medical simulations, hospital rotations and primary care practice assignments.

## A Community Leader

**The way Ada Rivera looks at it, receiving the Lehigh Valley Business Forty Under 40 Award is really a team honor.** "I've been blessed to work with wonderful people in my six years here," says Rivera, who is now director of the department of medicine, but was honored for her previous work with Centro de Salud and the Community Health and Wellness Center. The award recognizes her commitment as a young leader to business growth, professional excellence and community service. "We've worked hard to help disparate populations get the health care they deserve," she says. "It's been very rewarding for all of us."



# Service Star of the Month



## Vicki Girodo, RN, and Pam Fisher

4K, Lehigh Valley Hospital–Cedar Crest

**After a severe motor vehicle accident, a young mother and her two daughters were brought to the emergency department at Lehigh Valley Hospital–Cedar Crest.** Sadly, the woman's daughters did not survive. After the mother received emergency care, she was transferred to the 4K medical-surgical unit where she met Vicki Girodo, RN, and technical partner Pam Fisher.

Girodo and Fisher intuitively knew how to care for the patient's physical and emotional needs. They cried together and laughed through their tears as the patient shared stories about her girls. Girodo and Fisher knew when to provide privacy and quiet, and when to walk and talk with her.

During her recovery, the patient was having trouble communicating with her family because her cellphone was lost in the

accident. With consent from the family, Fisher called the patient's cellphone company to explain the situation. 4K colleagues were prepared to chip in to buy the patient a new phone, but the company offered one free of charge. After work, Girodo and Fisher went to the store to pick up the phone. Thanks to their outreach, the cellphone company even made a donation to the family.

Nominator and 4K director Sharon Clark, RN, says the action of Girodo and Fisher meant the world to the patient because the cellphone was a lifeline to family and friends. "Now in the middle of the night when she needed to hear her mother's voice, she could," Clark says. "Vicki and Pam are incredibly humble. They often do not let anyone know of special favors, treats or surprises they provide for patients. It really is all about their patients."

—Matthew Burns

### THINGS TO REMEMBER WHEN NOMINATING A SERVICE STAR:

- ▶ **Choose a colleague or a team** of colleagues.
- ▶ **Tell a story.** Specifically explain how the colleague or team did something extra special.
- ▶ **All colleagues and teams** can be nominated. You don't have to provide direct patient care to be a Service Star.

### NEXT STEPS

Visit [LVHN.org/missioncentral](https://www.lvhnh.org/missioncentral) to nominate a Service Star and read the stories of these nominees:

- ▶ **Dave Rogers**  
*Emergency department, Lehigh Valley Hospital–Muhlenberg*
- ▶ **David Lorchak, Lisa Durkin and Dana Gould**  
*Inpatient pharmacy, Lehigh Valley Hospital–Cedar Crest*
- ▶ **Bonnie Gregory, RN**  
*4K, Lehigh Valley Hospital–Cedar Crest*



## 40 Years

**Marie Hahn**  
ASU-Staging

## 35 Years

**Georgette Guth**  
ASU-PACU/OR

**Diane Kennedy**  
NICU

**Steven Lukow**  
Engineering

**Debra Sellers**  
4T

## 30 Years

**Julie Albertson**  
Emergency Services

**Sandra Axt**  
TNICU

**Carol Fox**  
Advanced Spine Program

**Timothy Hickey**  
MedEvac

**William Karpowich**  
Bed Management

**Tina Lore**  
Radiology

**Joseph McAvoy**  
Interventional Radiology

**Lisa Mikitka**  
MICU/SICU

**Sharon Monahan**  
LV Anesthesia Assoc.

**Denise Parker**  
Library Services

**James Rotherham**  
Financial Services

**Helen Smithson**  
Nursing Float Pool

**Lori Yesenofski**  
TeleHealth

## 25 Years

**Michon Borbe**  
Medical Records

**Gail David**  
Surgical Oncology

**Christine Eisenman**  
Care Continuum

**Frances Fasching**  
MedEvac

**Nancy Gardner**  
Hematology Oncology  
Assoc.

**Lisa Gogel**  
Institutional Review Board

**Dianne Hvizdos**  
ASU-PACU/OR

**Gina Karess**  
LVPG

**Elizabeth Quigley**  
Operating Room

**Beverly Ribbecky**  
Operating Room

**Terry Robinson**  
Obstetrics

**Dawn Roth**  
Managed Care

**Jan Saeger**  
Radiation Oncology

**Debra Schweitzer**  
5K

**Donna Seidel**  
Pharmacy

**Debra Stern**  
TLC

## 20 Years

**Melinda Brosious**  
Regional Burn Center

**Charles Eggen**  
HR

**Holly Ehrenfried**  
Rehab Services

**Ellen Fairchild**  
Children's Clinic

**Mark Graber**  
Lehigh Neurology

**Randy Keck**  
Information Services

**Michael Pasquale**  
Surgery

## 15 Years

**William Bond**  
Division of Education

**Gerald Cenci**  
Engineering

**Steven Frei**  
Emergency Department

**Catherine Hageman**  
Pleasant Valley Family  
Practice

**Terrie Mahala**  
LV Anesthesia Assoc.

**Brian Nester**  
Emergency Department

**Tamila Steckroth**  
Case Management

**Emily Zayas**  
LVPG

## 10 Years

**Tonya Angstadt**  
6B

**Connie Best**  
Regional Burn Center

**Jennifer Breen**  
Southside Family  
Medicine

**Timothy Carpency**  
Patient Transport

**Kenneth Chupella**  
Engineering

**Candi Detweiler**  
Danielsville Family  
Practice

**Quirino Di Cola**  
LVPG

**Tonya Dosiak**  
Operating Room

**Stephanie Figueroa**  
Medicine Clinics

**Katrina Fritz**  
Disease Management

**Laurie Gilbert**  
Physical Medicine

**Lori Guman**  
Rehab Services

**Karen Haley**  
Medical Records

**Nicole Hartman**  
LV Infectious Diseases

**Jeffrey Hinkle**  
Patient Accounting

**Jude Horoski**  
Information Services

**Paul Howells**  
Hemodialysis Center

**Thomas Krick**  
Behavioral Health

**Kimberly Lambert**  
Case Management

**Kathleen Leotti**  
Emergency Department

**Abby Letcher**  
Family Practice-Education

**Dana Loveless**  
ABC Family Pediatricians

**Nicole Mathes**  
ER-Coding

**Marilyn Minder**  
Payer Contracting

**Eric Mueller**  
NORI

**John Peters**  
Trexlerstown Medical  
Center

**Linda Petrole**  
PACU

**Andrea Ricciardi**  
4CP

**Ethan Rightmyer**  
CAT Scanning

**Daniel Taylor**  
Surgical Specialists/  
Trauma

**Patricia Tunison**  
Medical Oncology

**Timothy Wolf**  
TOHU

**Joan Yankalunas**  
Nursing Education

**Jennifer Zambo**  
Emergency Department

## 5 Years

**Sherry Acevedo**  
Medical Records

**Marciann Albert**  
Division of Education

**Vilma Barry**  
TSU

**Laura Bernhard**  
6K

**Heather Bigelow**  
EAU

**Nicole Buskirk**  
Float Pool

**Monique Casey**  
Bed Management

**Michelle Conley**  
CECE

**Joseph DiGirolamo**  
Emergency Department

**Sarah Dolcemasclo**  
Cardiology

SAVE THE DATE

STAR CELEBRATION

10.11.13

HOLIDAY INN, FOGELSVILLE

**Colleen Egan**  
Sleep Disorders Center

**Christl Fritsch**  
Utilization Review

**Carol Gawlik**  
Children's Clinic

**Leslie Glover**  
Home Care

**Tiffany Graner**  
Claims Adjudication

**Brandon Green**  
Patient Transport

**Ranju Gupta**  
Hematology Oncology  
Assoc.

**Deborah Hoke**  
CAT Scanning

**Diana Hurtzig**  
Home Care

**Nauman Islam**  
Cardiology

**Laura Jacob**  
Pharmacy

**Alison Jochen**  
Specialty Float Pool

**Karina Johnson**  
6T

**Jamie Jordan**  
Respiratory Care Services

**Mohammad Khan**  
Hospitalist Program

**Jennifer Koch**  
Miles of Smiles

**Debra Love**  
Lehigh Neurology

**Kristina Miller**  
Obstetrics

**Jennifer Montalvo**  
LVPG Diabetes/  
Endocrinology

**Jonathan Nicholas**  
MedEvac

**Susan Ohl**  
Medical Oncology

**Adebola Onanuga**  
7B

**Sapna Patel**  
OB/MFM

**Daniel Roesler**  
Pocono Medical Center

**Matthew Saltz**  
ABC Family Pediatricians

**Sarah Scholl**  
5K

**Meaghan Schroeder**  
Regional Burn Center

**Jourdan Seeley**  
West End Medical Group

**Tammy Smith**  
5C

**Jordan Sodl**  
Pharmacy

**Parul Sohagia**  
LVPG

**Sean Stuber**  
5T

**Gary Tallarita**  
Infection Control

**Suzanne Templer**  
LV Infectious Diseases

**Robert Yeager**  
Security



## Culture of Wellness

### Schedule



**Postpartum Support Group**  
July 1 and 18

**Safe Sitter Babysitting Class**  
July 2



**Adult Maternity Tours**  
July 7, 15 and 28



**Sibling Tours**  
July 7 and 28

**CPR for Family and Friends**  
July 9

**Breast-feeding Your Baby**  
July 11 and 24



**Car Seat Check**  
July 12 and 19

**Preparing for Childbirth  
(one-day class)**  
July 13

**Baby Care  
(two-week series)**  
July 16 and 23

**Preparing for Childbirth  
(Saturday/Sunday class)**  
July 20 and 21

**First Strides®**  
Starting July 22, 23, 30 and 31

**Baby Care (one-day class)**  
July 27

### LVHN Fitness Group Classes

Being an LVHN Fitness member allows you to partake in a variety of classes. Call **610-402-CARE** for more information. See a list of class locations and descriptions at [LVHN.org/missioncentral](http://LVHN.org/missioncentral).

#### WELLNESS ROLE MODEL

## Department of Medicine Lunch Bunch



If you happen to see a “Culinary Commandough” T-shirt (as worn by Victoria Howard) or “Soup a Stars” apron (as worn by Sherry Sawka), you’ve probably bumped into a Lunch Bunch gathering in the department of medicine, a “potluck” meal that’s blossomed into something more. “I remember our first Lunch Bunch and being struck by the fellowship and conversation that was taking place as we were eating,” says Alexis Kainz, one of the group’s founders. “It felt like we were a family sitting around the dining room table.” Another positive outcome is exposure to unfamiliar, healthy food, like the time eggplant showed up in a salad. “Many people commented that they don’t like eggplant, but loved the salad,” Kainz says.

—Jenn Fisher

Visit [LVHN.org/missioncentral](http://LVHN.org/missioncentral)  
for a complete list of Culture of Wellness  
classes and programs.  
Call **610-402-CARE** for details or to register.